

EASTER 2021

WELLBEING NEWPORT
ST MARYS CHURCH
NEWPORT INFORMATION CENTRE
PRESENT:

NEWPORT NEWS



NEWPORT INFORMATION CENTRE
CANOLFAN GWYBODAETH TREFDRAETH



Newport Newsletter

This newsletter has been developed by Wellbeing Newport, St Mary's Church and the Information Centre. The Christmas edition was funded by Newport Forum from a grant from the Wesleyan Foundation through Community Foundation Wales, as part of the Forum's "Together this Winter" project. This edition is a little shorter and less colourful - due to dwindling Forum funds.

We would like to continue to provide this Newsletter, with three editions going out every year. If this is something you would like to see continue please contact Rose. Seymour rose.pavs@gmail.com or call 07495700297. We hope to work with the Grants and Projects officer to put in a funding bid for this resource. Find out more about the Grants and Projects officer in the Town Council's update below.

Newport Community Forum (NCF)

NCF works to "benefit all those with an affinity for Newport". **Wellbeing Newport**, is a project within the Forum for which we have had the help of Rose our part time Engagement Support Officer (ESO) employed on our behalf by Pembrokeshire Association of Voluntary Services (PAVS). -A coordinating group, with representatives of local groups and individuals, comes together periodically to manage the Forum's programme of activities. We are also interested to form a Youth Forum to give voice to the needs of the young people of Newport. Some issues that we are tackling at the moment are Newport's traffic, parking, pedestrian and cycling issues, and the future of Maesingli Sheltered Housing. If you would be interested in helping, please contact Sandra Bayes, Forum Secretary, sandrabayes1@btinternet.com. 01239 820889)

News From The Church - My New Year's Honours – submitted January 2021

At this time of year, it is customary for the Queen to award honours to worthy individuals. Whether Her Majesty has much say in the matter is debatable of course. I do not subscribe to the view that to get a knighthood you must not pay tax in your home country and instead live in such places as Monaco or Singapore. That surely can't be so. Can it?

This year my list is vast. Almost all front-line healthcare workers and carers. They signed up to help care for people not to become martyrs. Their devotion to duty is beyond the comprehension of most of us and we should be immensely proud and grateful that they are there to pick up the pieces.

A few individuals are worthy of special note. Firstly, **Captain Tom**, not only for his fund raising but for his self-effacing, very British decency. No loud mouth, no charlatanism, just a genuine wish to thank the NHS for what they did for him. That his aim to raise £1,000 actually raised over 30million was not something he intended or ever could have hoped for yet that was what he achieved in the tenth decade of his life. He was knighted and rightly so.

My second is **Marcus Rashford**, the footballer. Some sports personalities do give to charities or support the occasional good cause but they are so often pampered, over-paid narcissists. This guy is an exception for it is he alone who has shamed the government into rightly providing free meals for poor children. His is not a criticism of the Conservatives in particular but a criticism of politicians of all persuasions. Surely feeding hungry children isn't political.

My third nominee is a foreigner – Shock! Gasp!

Angela Merkel has at all times acted with enormous wisdom, common-sense and magnanimity. She has been the only "grown-up" on the stage at so many times. She oversaw the re-unification of Germany and her willingness to take a million Syrian refugees even after taking 300,000 from the former Yugoslavia. The world will be a poorer place without her sense of decency and dignity and doing what is right for others. As a trilingual (German, Russian and English) speaker, with a doctorate in physics, a great opera and music lover and one who asks galleries in Berlin to stay open for an extra ½ hour so that she can visit after work, she epitomises the all-round cultural polymath which few politicians, anywhere, seem these days to be. I hope she enjoys a well-earned retirement.

The Reverend Neil Llewellyn.

News from Newport Area Environment Group

NAEG have been successful in applying for a grant to employ a bio-diversity officer for the Newport area for 18 months. This officer will run a number of projects in the community, including tree planting, mapping biodiversity, and citizen science projects. For information on how to help, contact Sandra

News from Newport Town Council

All details will be on the NTC website newport-pembs.co.uk

Grants and Projects Officer

Newport Town Council is advertising and, maybe by the time you are reading this, will have appointed a Grants and Projects Officer to help all those community groups and organisations that haven't applied for grants to enable them to initiate a project that will help them in their activities and therefore be of benefit to the community. Small or big there may be finance out there for you. This is an opportunity not to be missed and it may only be for one year so take advantage of it.

Details will be on the Town Council website as soon as this service is available.

Housing and Needs Survey

NTC has appointed consultants to start work on the Housing and Needs Survey and, once lockdown has eased, they will be coming to Newport to take a look at some of the issues that Newport has and have a meeting with Pembrokeshire County Council and Pembrokeshire National Parks. NTC hope to have the survey ready in early summer and all voters will receive a copy by post. The more people that participate the more power the survey will have.

Information Centre Volunteer Profile of Grace Hagan



How would you describe yourself?

I'm a people person, a good listener, very organised, bit/very impatient at times, always want to get on with any given task. I have a real desire to help people and also love to be social and share a laugh, great chat, gossip and intrigue over a large glass of wine.

Tell us about yourself and your history

I came to Newport as a bakers wife, but , through a tangled traumatic journey, found myself in my forties unprepared for the workplace and in need of a job.

I went on a women returners computer course in Coleg Ceredigion. It was

great but finished in 12 weeks. So I applied and was accepted for

an Access to Higher Education Course. I had a supportive tutor who believed in me and thought I should apply to University. I was accepted for a Joint Computer and History Degree at Lampeter University.

I soon ditched the computers and concentrated on 19th Century History specialising in Welsh Women's History. My dissertation investigated how Welsh Women were affected by The Settlement and Poor Laws. Part of this work was published in academic journals. From there I had several positions, ending my career as Deputy director of The School of Education (Teacher Training) and Director Of Lifelong Learning at Aberystwyth University. I was responsible for around 2000 students and approx 80 lecturers on campus and in outreach centres all over Wales .

What are your favourite things to do?

Reading, gardening, going to concerts and Art Exhibitions, watching Scandi Noir Films, travelling, socialising and drinking good wine.

What do you love most about Newport?

The sense of community, the landscape and meeting all the diverse people that have washed up on its shores

What is it like volunteering in the centre?

At first, the thought of speaking to an actual visitor was a scary prospect. But it turned out I knew more than I thought and there were resources we could tap into, or you could ask your partner volunteer if they knew the answer. Our whole objective was to make coming into the Centre an informative pleasant experience. From the remarks, in our visitor journal, regarding all our fantastic team of volunteers, we do a good job.

We had just got going and starting to train our volunteers in retail when the pandemic hit. I have made some wonderful new friends and met people from all over the world. We also had several social evenings. So all in all I've found volunteering in the NIC a terrific, rewarding experience. I encourage others to try it.

What do you get out of it?

I've learnt new skills, I've made new friends and got to know acquaintances better. It is good for my mental health. I also genuinely loved the buzz of knowing I've helped folk have a better time and understanding of Newport and all it has to offer.

We are getting ready to open again, but we shall wait until we get the all clear. We will contact all our lovely volunteers in plenty of time when we know the date. Contact janowilliamsntc@icloud.com

Story from the Town

A couple of years ago something really lovely happened in Upper St Mary's Street. It was Easter time. When the residents woke up and opened their front doors, pretty painted stones had been left quietly in the night by the Easter Bunny(ies). Assorted colourful painted designs were seen on the doorsteps and it was exciting to look at each other's stones and admire the workmanship that had gone into painting them. The question on everyone's lips was 'where had they come from?' and 'who had done them?' Nick and Shevaughn were the latest residents to the street and after a bit of questioning, we found our 'Bunnies'. It took a bit of detective work to work out and even then the couple claimed it was the Easter Bunny.

Again on Halloween and at Christmas we were gifted with these beautiful stones. People would pass and comment and it's a delight to watch the children run along and hear them shout 'look there's another one'. Sadly Nick passed away over a year ago but Shevaughn has continued with the paintings with the help of her teenage daughter. Their latest stones were at the beginning of lockdown back in March with the 'Stay Safe' collection outside The Globe.

Question: Shevaughn did you paint stones before coming to live in the street?

Answer: I've always created things - gifts for people, cards or decorations but not stones. It was a random conversation with a stranger, she was telling me about stones she once saw in a neighbour's garden.

Question: After painting the stones, Do you find it difficult to part with them?

Answer: I actually get really excited when they're all glossy and new. I want people to be surprised and happy.

Question: Is there a particular stone that is your favourite, if so, why?

Answer: The stones in the Church, because they remind me of Nick and I remember how much care he took over doing them, from selecting the right stone to practicing the image.

Question: How long does it take to start and finish a stone ?

Answer: In order to do the street I have to produce at least 30 stones. I have to make sure I have at least four weeks - painting and drying time.

Question: What inspires you to decide what is painted on each stone?

Answer: The season, my imagination and help from the Pinterest App.

Question: One of Nick's painted stones is the one at the Church door, tell us more about that one. Answer: Although Nick didn't attend Church he was spiritual. He read the Bible everyday. He wanted to do something special - he took great pride in what he produced.

Question: Are there any more stones in the making?

Answer: Possibly, but work is completely manic right now and the stones can be all consuming.



Wellbeing Newport

Helping Newport to Zoom

The Forum's ESO, Rose Seymour, can help anyone or any group to use the Forum's Zoom account

Jigsaw Puzzle Club Newport – Clwb Pos Jig-so Trefdraeth

Wellbeing Newport has set up a jigsaw puzzle club, this currently runs on Facebook. However we would like to make sure everyone is included. If you have puzzles you would like to pass on, or would like to browse what is available, you could ask a friend or family member to help you access it alternatively contact Rose.

Y Pantri

Y Pantri has been through a few different facelifts since it first began last April. We have tried to adapt it [to](#) meet the changing needs of the community. For now, Y Pantri will be a space to share your plants, produce and seeds. Last spring many more people took to their gardens, enjoying their own pockets of Eden but also looking at resilience, growing your own food and taking responsibility for your environment. In the coming weeks there will be a set of shelves built for this purpose and the shelves will be in a new location (TBC), for [us](#) to share our garden produce and to encourage others to continue this self-reliance and abundance. Wellbeing Newport is working with St Marys Church and Ysgol Bro Ingli to work together on a foodbank collection.

Newport Intergenerational Skills Exchange and Wellbeing Newport Film

These two projects are working together to produce a short film recording life during Covid in Newport. Subjects covered are acts of kindness, exchange of skills, the experience of groups and of individuals, emerging from lockdown and many more. Please send photos or video clips to contribute to Rose.

Time for Myself

Newport Community Forum is offering a free one-off session of respite care through a care provider listed in the *Pembrokeshire Directory of Care and Support Enterprises* as serving this geographical area around Preseli Practice to any unpaid Carer registered with Preseli Practice. This offer can be taken up any time between now and the end of October, but interest must be registered with a care provider by the end of March. Please contact Sandra for information.

Newport Community Forum Future Activities

The Forum has secured about half the funding required for Wellbeing Newport to become “**Wellbeing Newport: Building Resilience**” in future, aiming to build community resilience in the environment, economy, heritage, culture and the arts, as well as in health, social care and wellbeing as now. The Forum will be bringing the community together to help write a **Wellbeing Plan for Newport**. Contact Sandra for more information.

Follow us on Facebook Groups: Wellbeing Newport – Llesiant Trefdraeth Llais Tydrath / Newport Voice

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We would like to thank our sponsors

